

WE CAN OFFER LONG TERM HELP WITH:

- Parenting education*
- Child development information*
- Whānau plans and goal setting*
- Guidance & encouragement*
- Advocacy/referrals to other support agencies*



IN COLLABORATION WITH OTHER SERVICES WE CAN ALSO OFFER SUPPORT WITH:

- Health & Wellbeing*
- Financial/Budgeting*
- Housing*
- Relationships*
- Life Skills*

Family Start is available across Nelson, Tasman

It is better to get help as soon as you can

We like to start work with you as early as possible in your pregnancy, however we can accept you onto the Family Start programme up until your tamaiti is one year old. If your tamaiti is a bit older we may still be able to help.

Talk to your Doctor, Midwife, Tamariki Ora/ Well Child Nurse, or any other service involved with your whānau. They can fill in a referral form with you or you can self-refer by contacting us.

CONTACT US

Email: reception@familystartnelson.co.nz
Phone: 03 547 0940

Nelson Office:
73 Quarantine Road, Stoke, Nelson,
7041

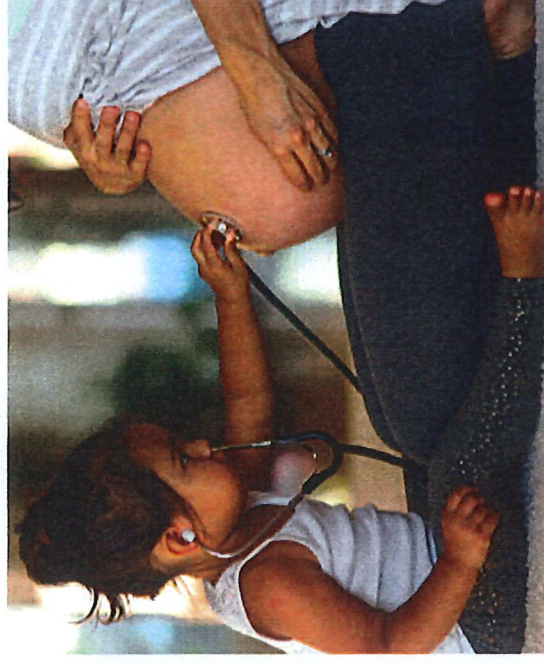
Motueka Office:
Phoenix House
25 Greenwood Street, Motueka

Golden Bay Office:
Takaka, 7110



FAMILY START

He Matapuna Ora Charitable Trust



Hei piki ake i te oranga o ngā Tamariki o Te Taihuhu o te Waka a Maui

(Our mission: To improve the life outcomes for children in the Top of the South)

Mai i te whanautanga mai ka puawai
(Our Vision: Children have the best start in life)

OUR GOAL

Whānau life can be a challenge and having a pēpi/baby and bringing them up can be a difficult job at the best of times.

For some of us, this can be harder because of our own personal challenges or whānau situation. That is why Family Start is here, to support you to be the best parent your pēpi/baby or tamaiti/child can have.



ABOUT US

“I appreciate the care and genuine interest you have shown in supporting my whānau”

“I really enjoyed working with and achieving my family goals. This supported me in changing my life.”



“From the parenting activities, I have learned more about my child's challenges and strengths.”

“The parenting education information, links & resources have been extremely helpful.”

A FAMILY START WORKER WILL..

Visit you at home, starting with once a week, and get to know you, your pēpi/tamaiti and your whānau

Find out what parts of being a parent you have sorted and what you need help with

Have regular parenting discussions to help you understand your pēpi/tamaiti needs at different stages as they grow

Help you work out what you want to achieve, change, or improve, and connect you with other supports you may need.

